

# ANNOUNCING



An Exciting Educational Exhibit for K-4 Students

## Schedule NOW for School Year 2004-05!

Body Walk Helps Students Learn To  
**EAT SMART. PLAY HARD.**

- ➔ It's a great opportunity for students to learn about the importance of making healthy food choices and being physically active.
- ➔ It's an exciting tour of the human body featuring engaging, experiential educational activities.
- ➔ It's a 40 by 40-foot partially enclosed walk-through exhibit available to come to **YOUR SCHOOL.**

# The Body Walk Experience

Students tour the human body exhibit. At each of Body Walk's ten stations, a volunteer presenter engages the students in a five-minute activity focused on healthy choices. The tour begins when students, in groups of eight to ten, walk through a giant ear into the brain. Inside the huge brain dome, students experience "brain waves" and learn about brain function. After they leave the brain, the students are each given a tag designating them as a food, such as a carrot, hamburger or piece of cheese. The "foods" step into the exhibit's larger-than life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of the nutrients to the heart, lung, bone, muscle and skin stations. Students leave the body through a cut in the skin and proceed through the Pathway for Life. This final station recaps key health concepts from each of the nine previous stations. It takes each group of students about an hour to complete the Body Walk tour.



## When can Body Walk visit my school?

Please refer to the attached *Body Walk Scheduling Information and Guidelines* for the 2004-2005 school year.

## How many students can participate in Body Walk?

A maximum of 500 students can experience Body Walk on a school day.

## Can students in grades other than K-4 participate?

Body Walk is not suitable for preschoolers. Fifth grade students may participate if you have a K-5 building and feel it is important to include the 5th graders. Students in the 6th, 7th, and 8th grades may NOT participate in Body Walk.



## How do I schedule Body Walk?

Complete the *Request to Schedule Body Walk* form.

**PLEASE NOTE:** Request forms must be emailed, postmarked or faxed no later than **May 5, 2004.**

## What is the cost for Body Walk?

Each school will pay \$1.00 per participating student

(maximum of \$125) to help defray

the cost of Body Walk operation.

SMSU will bill the school/district after the Body Walk visit.



## With school budgets so tight, do you have suggestions where we might obtain funding for Body Walk?

- Students may bring \$.75 to \$1.00 depending on the student enrollment.
- Local businesses may donate \$50 each; they could be recognized in local news media coverage.
- The County Extension Service may help cover the cost in some communities.
- Grants could be written and the grant used to pay the Body Walk fee.

## What happens after I complete the Body Walk request form and submit it to Southwest Missouri State University?

You will be notified prior to May 17 if your school is scheduled to have the Body Walk exhibit next school year. About eight weeks prior to your scheduled Body Walk visit, you will be reminded to view the Body Walk School Manual that includes:

- Responsibilities of the Body Walk school contact person
- Calendar and preparation checklist
- Guidelines for recruitment of volunteers
- Classroom activities by grade level for before and after Body Walk
- Suggested school-wide and cafeteria activities to enhance the Body Walk experience
- Resources – websites and sources of free nutrition and physical activity classroom materials
- Sample letters for classroom teachers and sample news media releases
- A 7-minute video showing Body Walk in action
- Instructions and scripts for each volunteer station presenter

About one month prior to your Body Walk visit (after you have reviewed the School Manual) an SMSU team member will call your school's contact person to discuss the upcoming visit. During this call, set-up time will be confirmed and any questions you have will be answered. We will also request information such as directions to your school.



## Does my school have to provide anything for Body Walk?

Each school must provide:

- **A contact person for Body Walk**, who may be a teacher, school administrator, secretary, food service employee or parent volunteer. The contact person will (1) serve as a liaison between the Body Walk Manager and the school staff, (2) forward Body Walk information to teachers, administrators, food service personnel and volunteers, (3) make all local arrangements, and (4) coordinate all Body Walk activities on the day of the visit (such as escorting classes to and from the exhibit, etc.)

- **Adult and/or high school student volunteers.** Ten volunteers will set up and take down the exhibit. It takes approximately 2½ hours to set up the exhibit and 1½ hours to take it down. At least 2-3 of the volunteers must be capable of lifting items that weigh 30 pounds. Volunteers will also be needed throughout the day to interact with the students in each of the ten Body Walk stations.



- **Adequate space for the 40-foot by 40-foot exhibit to be set up indoors.** "Adequate space" means that there will be at least 5' on all sides of the exhibit after it is set up. Therefore, the room must be a minimum of 45-foot x 50-foot. **PLEASE MEASURE YOUR AVAILABLE SPACE BEFORE REQUESTING BODY WALK.** The exhibit will not be taken down for lunch. If students eat in the same area where the exhibit will be set up, alternate arrangements must be made for lunch (such as a picnic outdoors, sack lunches eaten in classrooms, etc.). The exhibit will normally be set up the evening prior to Body Walk. This means the gym or area where it will be set-up must not have other school events scheduled.



### What will SMSU provide?

SMSU will provide overall direction and supervision of the Body Walk exhibit. When the Body Walk Manager pulls up to your school's door in the Body Walk truck, he/she will direct the volunteers who set up and take down the exhibit. The manager will also provide a short orientation session for the volunteers who will interact with students in each Body Walk station.

### What else do I need to know about Body Walk?

Please refer to the *Body Walk Scheduling Information and Guidelines*.

**For more information on Body Walk contact:**

**Body Walk Coordinator**  
**Rhondaridinger@SMSU.edu**





## Scheduling Information and Guidelines

Department of Health Physical Education and Recreation  
Southwest Missouri State University

1. Refer to the *Body Walk Schedule for 2004-2005* to determine which dates Body Walk will be in your geographic area of the state. Request **ONLY** dates when Body Walk will be in your area. If you request other dates, your request will not be considered.
2. Complete the *Request to Schedule Body Walk* form. **Completion and submission of the form does not guarantee that Body Walk will be scheduled for your school.** Due to widespread interest in the exhibit, we anticipate Body Walk will not be able to visit all schools that request it during the 2004-2005 school year.
3. **DO NOT** send money with the *Request to Schedule Body Walk* form. You will be billed **AFTER** Body Walk visits your school.
4. ***Request to Schedule Body Walk* forms must be postmarked no later than May 5, 2004.**
5. Because the Body Walk exhibit is a structure that is enclosed, it can be uncomfortably **HOT** inside the exhibit. We suggest that you do **NOT** request Body Walk during months of the year when temperatures may be warm unless you have air-conditioning in the gym or room where Body Walk will be set up.
6. Small schools **within the same geographic area** may choose to have their students participate in Body Walk **at one location**. Because additional time is generally required when students are from more than one school, the total number of students may not exceed 300.
7. You will be notified prior to May 17 if your school is scheduled to have the Body Walk exhibit next school year.

**EAT SMART. PLAY HARD.**

# Schedule for 2004-2005

## Department of Health Physical Education and Recreation Southwest Missouri State University

Location	Dates for Body Walk
Springfield (Discovery Center or Springfield Schools)	Aug. 31 Sept. 1, 2
Joplin Area	Sept. 7, 8, 9
Jasper, Newton, McDonald, Lawrence, and Barry Counties	Sept. 14, 15, 16
St. Joseph (Missouri Western)/Maryville Area	Sept. 21, 22, 23
Buchanan, Andrew, DeKalb, Clinton, Caldwell, Carroll, Livingston, Daviess, Grundy, Mercer, Harrison, Nodaway, Gentry, Holt, Atchison, and Worth Counties	Sept. 28, 29, 30
Kirksville Area (Truman)	Oct. 5, 6, 7 Oct. 12, 13, 14
Hannibal/Mexico	Oct. 19, 20, 21
Central Missouri, Jefferson City/Columbia Area	Oct. 26, 27, 28
Pettis, Saline, Howard, Cooper, Morgan, Camden, Miller, and Moniteau Counties	Nov. 2, 3, 4
Cole, Boone, Audrain, Montgomery, and Gasconade Counties	Nov. 9, 10, 11
Callaway, Osage, and Maries Counties	Nov. 16, 17, 18
Kansas City Area	Nov. 23, 24 Nov. 30
Lafayette, Ray, Clay, Platte, Jackson, Cass, and Johnson Counties	Dec. 1, 2 Dec. 7, 8, 9 Dec. 14, 15, 16
Southwest Missouri Area	Jan. 4, 5, 6
Lawrence, Greene, and Stone Counties	Jan. 11, 12, 13
Barton, Christian, Taney, and Webster Counties	Jan. 18, 19, 20
Polk, Dade, and Cedar Counties	Jan. 25, 26, 27
Lebanon to Sullivan Area	Feb. 1, 2, 3
Dallas, Laclede, Pulaski, Phelps, and Crawford Counties	Feb. 8, 9, 10
Dent, Texas, Wright, and Camden Counties	Feb. 15, 16, 17
South Central Area	Feb. 22, 23, 24
Howell, Ozark, Oregon, Shannon, and Douglas Counties	Mar. 1, 2, 3
Southeast Missouri Area - Washington, Iron, St. Francois, Ste. Genevieve, Perry, and Madison Counties	Mar. 8, 9, 10

# Schedule for 2004-2005

Continued:

Location	Dates for Body Walk
Southeast Missouri Area - Washington, Iron, St. Francois, Ste. Genevieve, Perry, and Madison Counties	Mar. 8, 9, 10
Reynolds, Wayne, Bollinger, Cape Girardeau, Carter, Stoddard, and Scott Counties	Mar. 15, 16, 17
Mississippi, New Madrid, Pemiscot, and Dunklin Counties	Mar. 22, 23, 24
Butler, Ripley, and Carter Counties	Mar. 29, 30, 31
St. Charles and St. Louis Area	Apr. 5, 6, 7
Franklin and Jefferson Counties	Apr. 19, 20, 21
Lincoln and Warren Counties	Apr. 26, 27, 28
St. Charles County	May 3, 4, 5
St. Louis County	May 10, 11, 12
St. Louis City	May 17, 18, 19





## Request to Schedule

Department of Health Physical Education and Recreation  
Southwest Missouri State University

School Name \_\_\_\_\_ County \_\_\_\_\_

Name of School Contact Person \_\_\_\_\_

Position/Title of Contact Person \_\_\_\_\_

E-mail Address of Contact Person \_\_\_\_\_

School Street Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Address where Body Walk information should be sent (if different from above):

Street Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Did Body Walk visit your school during the 2002-2003 school year?

\_\_\_\_ yes \_\_\_\_ no \_\_\_\_ don't know

Did you request Body Walk last year and it was not scheduled in your school?

\_\_\_\_ yes \_\_\_\_ no \_\_\_\_ don't know

Is this a Team Nutrition School?

\_\_\_\_ yes \_\_\_\_ no \_\_\_\_ don't know

Telephone Number of Contact Person (\_\_\_\_) \_\_\_\_\_

School Telephone Number (if different) (\_\_\_\_) \_\_\_\_\_

Requested date for Body Walk to come to my school (Refer to Body Walk Schedule.):

(1<sup>st</sup> choice) \_\_\_\_\_

(2<sup>nd</sup> choice) \_\_\_\_\_

If your 1<sup>st</sup> or 2<sup>nd</sup> choice of dates is not available, should we:

Cancel your request for Body Walk? \_\_\_\_\_

Schedule you for another date? \_\_\_\_\_

Approximate number of K - 4 students who will participate from this school: \_\_\_\_\_

Will students from other schools participate? \_\_\_\_ Yes \_\_\_\_ No

If so, list name(s) of school and number of participants from each school.

(continued on Page 9)



**The Request to Schedule form must be postmarked or faxed by May 5, 2004.**

**MAIL TO: Dr. Rhonda Ridinger  
SMSU  
Dept. of HPER  
901 S. National  
Springfield, MO 65804**

**FAX TO: 417-836-5371**

**EMAIL TO: [Rhondaridinger@smsu.edu](mailto:Rhondaridinger@smsu.edu)**

**QUESTIONS: 417-836-5346 or [Rhondaridinger@smsu.edu](mailto:Rhondaridinger@smsu.edu)**